

For Additional Information :

Environmental Protection Agency: www.epa.gov/ebtpages/aindoorairpollution.html

www.epa.gov/ebtpages/aindoorairpollution.html

www.epa.gov/iaq/biologic.html

The National Institute for Occupational Safety

and Health: www.cdc.gov/niosh/iaqpg.html

U. S. Army Center for Health Promotion and

Preventive Medicine: chppm-www.apgea.army.mil

[mil](http://chppm-www.apgea.army.mil)

Occupational Safety and Health Administration:

www.osha-slc.gov/SLTC/Indoorairquality

Disclaimer: This brochure provides a brief overview for personnel in the workplace. Therefore, if you have concerns about mold exposure in the workplace contact your Chain-of-Command, and/or consult with your Primary Care Manager (PCM). If you have concerns about mold in the home, contact your local Housing Office for assistance.



USNH Okinawa, Japan

Primary Business Address:
USNH Okinawa Japan
Director, Community Health

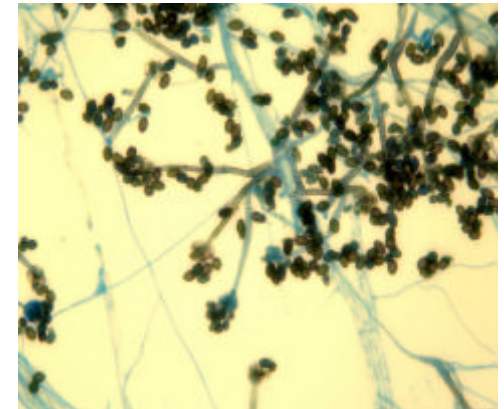
FOR MORE INFORMATION/ASSISTANCE: CONTACT
YOUR LOCAL SAFETY or Housing Office for guidance.

USNH Okinawa, Japan

“GOT MOLD”??

IMPORTANT
INFORMATION FOR THE
WORKPLACE

Industrial Hygiene Department



Director, Community Health

Mold Facts for Everyone in Okinawa

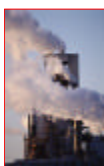
Molds are commonly found in the air and soil worldwide. Mold growth can be found indoors and outdoors year round. Molds are fungi, which need a food source and moisture to grow and multiply. In Okinawa, mold growth is intensified by the hot, humid conditions in which molds simply thrive. In addition, our typhoon season brings flooding and leaking indoors. Our humid conditions provide the moisture, and our indoor environment contains paper, wood, cloth etc. that provide their food source. Mold types vary, and most are not harmful to healthy individuals. Most molds reproduce by spores that are released into the air, and may cause allergic type symptoms in sensitive individuals. These spores are somewhat like "seeds", that may multiply and form new colonies under the right conditions. You can prevent colony growth by controlling the moisture that is causing the mold to thrive. Everyone is exposed to mold spores in their daily environment. If you suspect you have mold in the workplace, contact your local Safety Office for guidance.



COMMON HEALTH EFFECTS

According to the American Industrial Hygiene Association (AIHA), healthy individuals usually do not exhibit health effects when exposed to molds. The most common symptoms are similar to that of animal or pollen allergies, which may include stuffy nose, runny nose, headache, congestion, and possible skin irritation. The most commonly affected individuals are infants, the elderly, pregnant women, and those with weakened immune systems. Most symptoms are temporary, and resolve after eliminating the mold and its source. Currently, there are no established regulatory standards for mold. In addition, there is insufficient data supporting the association between mold in indoor environments, and human illness. Researchers are currently studying the potential human health effects from molds, and other indoor air contaminants. The bottom line is that mold is not a new problem, nor are its health effects. The problem is lack of conclusive scientific research, and the availability of accurate public education on issues dealing with molds. Personnel with health concerns should contact their Primary Care Manager (PCM) if they have concerns about mold exposure.

MOLD IN THE WORKPLACE



Mold growth inside buildings or workplaces can be easily prevented by controlling moisture. Mold growth on hard surfaces can be easily controlled by preventing obvious mois-

ture, and proper surface cleaning. Mold on ceiling tiles or other porous surfaces requires a professional evaluation. Mold growth within building structures, such as in ventilation systems, may not be easily seen, but may be noticed by a "musty" type odor. If you notice mold growth on surfaces, or a "musty" type odor in your workplace contact your supervisor as soon as possible. Once reported to your supervisor, he/she should contact their local Safety Office for guidance.

SUMMARY: Okinawa is extremely susceptible to mold due to a hot, humid environment. The most important step to **PREVENT** mold growth is to remove the source of **MOISTURE**. This could be anything from a simple dehumidifier, to having a professional evaluation performed by an Industrial Hygienist. If you have health concerns



Mold found on a ceiling tile due to condensation from poor ventilation

notify your PCM. For mold issues in the workplace, the Industrial Hygiene Department at the USNH Okinawa recommends the following:

- 1) **Notify your Chain-of-Command**
- 2) **Contact your local Safety Office for guidance,**
- 3) **For Health Concerns contact your PCM.**